

Medical Examination

GMT	Crew	Activity
06:00-06:10		Morning station inspection
06:10-06:25	FE-1	Post-sleep activities
	CDR	Biochemical urine analysis
06:25-06:40	FE-1	
06:25-06:55	CDR	Post-sleep activities
06:40-06:50	FE-1	UROLUX hardware stow
06:50-07:05	FE-1	Post-sleep activities
06:55-07:45	CDR	BREAKFAST
07:05-07:55	FE-1	
07:55-08:25		Work prep
08:25-08:40		Daily planning conference (<i>S-band</i>)
08:40-09:20	FE-1	Filter changeout on FGB dust collectors ПС1, ПС2
08:40-08:45	CDR	UOP bypass cable mate to the Display and Control Panel (DCP)
08:45-9:15		INTERACTION – data collection
09:15-09:45		Window Observation Research Facility: US Lab window measurements
09:20-09:50	FE-1	B4 ПС2 fan changeout
09:50-10:30		INTERACTION: data collection and backup
10:30-12:30		CKB2 heat exchanger (БТА) R&R – end
10:45-13:00	CDR	Physical exercise (TVIS+RED)
12:30-12:55	FE-1	COЖ maintenance (<i>БПЖ inspection</i>)
12:55-13:00		SM pressurization from Progress 248, start
13:00-14:00	.	LUNCH
14:00-14:05	FE-1	SM pressurization from Progress 248, end
14:00-14:10	CDR	Deinstallation of previously installed FMKs
14:10-14:20		Setup for PAO event
14:20-14:40		Prep for PAO event
14:40-15:00		Educational event commemorating 100th anniversary of the Wright brothers' first powered flight (<i>Ku+S-band</i>)
15:00-15:15		CNN Interview commemorating 100th anniversary of the Wright brothers' first powered flight (<i>Ku+S-band</i>)
15:15-15:40	CDR	PC HRF – prep for load
15:15-17:45	FE-1	PROFILAKTIKA: perform experiment using veloergometer. <i>Tagup with specialists (S-band + VHF)</i>
15:55-16:15	CDR	PC HRF – monitoring and maintenance
16:15-16:20		Ham radio equipment setup
16:20-16:30		Ham radio pass
16:35-17:05		PBA and PFE inspection
17:05-18:05		DOUG review
17:45-18:10	FE-1	PHS hardware and laboratory equipment installation
18:05-18:15	CDR	TVIS/RED/CVIS data transfer to MEC
18:10-18:15	FE-1	"HEMATOCRIT". Prep.
18:15-18:20	CDR	ISS-8 (Soyuz 7) payload status check

18:15-18:45	FE-1	Daily plan review
18:20-18:35	CDR	Questionnaire – journal entry
18:35-18:45		Daily plan review
18:45-19:15		Work report prep
19:15-19:30		Daily planning conference (<i>S-band</i>)
19:30-20:00		DINNER (Renal – pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep activities
21:30-06:00		SLEEP

Task List	FE-1	Equipment search
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Note 1: See OSTP for US procedure references

Note 2: Dust filter location: white CTBs @ ФГБ1ПГО_2_227_1. **Report to MCC** or update IMS with part numbers of installed units.

Note 3: Install fan 4850Д №908902 (location ФГБ1ПГО_4_430_1, life cycle expired, but still functional). Update IMS, prepare the removed unit for disposal.

End of radiogram